

QC

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FREE

AGRIBITION CEO
MARTY SEYMOUR

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

MELISSA WOLLMAN AND DEBBIE P. STAHL

Sarah's Journey: The Story of A Hutterite Woman

The book we have written, *Sarah's Journey: The Story of A Hutterite Woman*, about our ancestor, is the story of a woman's life played out against the larger background of her people's destiny.

Hutterites are Anabaptist Christians, an offshoot of the Protestant Reformation. Prior to their beginnings in the mountains of South Tyrol in the 1600s, their search for religious freedom led them from country to country across Eastern Europe for more than two centuries, culminating in virtually the entire people's migration to America in 1874-1889.

The first Hutterite settlements were in South Dakota. Later ones followed in Alberta, Saskatchewan and Manitoba. led to the establishment

of communities that still exist today.

Our book takes place in the latter part of this vivid history. Sarah Stahl, Madonna was born in Ukraine, immigrated to South Dakota, and died in Alberta. She lived an interesting life, as her people strive to make a home for themselves while retaining their ancestral values in this new land.

The research into our great-great-grandmother's life began rather incidentally. Initially, there were only a few connections with relatives to discover more of this ancestor of whom we had always heard of in family lore. As details of her life and times began to emerge, from a few personal memories and many

second-hand recollections, it almost began to have a sense of urgency. Many people negatively told us "This and this person could have told you more, but they've passed on already."

This made it compelling to go further as much information as we could could, and in the process certain periods of history took on clear, lifelike depth. The unsolved mystery in Sarah's life had the reaching of lives in the lives of her descendants. It became not only the history of someone who lived long ago, but rather a prologue, as it were, in our own modern day story.

Perhaps the crystallizing moment in our search came when we unexpectedly received a letter by fax that

our ancestor had written about 160 years ago. A scholar of Hutterite history had discovered the letter in the archives of an old newspaper, and hearing of our search, passed it on.

In reading the letter, we heard the voice of our great-great-grandmother as coming through the long years between us, and of the silence of those who are gone, making our search intensely real. Here was the voice of a woman, talking of her children, as of finding little happiness among her people, sharing the joys and sorrows of her life, and testifying to deep faith in God even in sorrow.

Perhaps this book may inspire you to take your own journey to discover your ancestor's story. It is available at Amazon.ca.



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ON THE COVER P. 9



Canadian Western Agribition CEO and president Marty Seymour has helped make the annual agribusiness showcase of the best in the west. **QC PHOTO BY DON HEALY**

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The decor in an art lover's home is bright and light. Mid-century modern ceramic art gallery **QC PHOTO BY DON HEALY**

QC COVER PHOTO BY DON HEALY

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IN THE CITY

■ NOVEMBER 19, 2014 — 3:34 P.M.

Tornadoes take the title



Moose Jaw Peacock Tornadoes' linebacker Trajan Anderson (No. 52) celebrates as a fellow player kicks another touchdown against the Luther Lions at Mosaic Stadium in Regina. The Peacock Tornadoes beat the Lions 63 to 13 to win the Saskatchewan Senior Football Association's 101st championship title. (CP Photo by MICHAEL HILL)

SPACES

Do you know of an amazing space in Regina? Tell us about it!
Email QC@leaderpost.com.

REGINA'S BEST SPACES

Designer's home is beautifully eclectic

By Ashley Martin

WHO? Luane Neilson and her husband Donal

WHAT/WHERE? Their 2,900-square-foot two-story home in south-central Regina.

WHY? It passes as one of the neighbourhood's near-contemporary homes, but this house was built just 18 years ago.

WHY? Though she says now she wished she had been "briefer" to build a more modest-looking home after seeing the dilapidated 900-square-foot home previously on the lot, Neilson used her keen eye and background in interior design to create something that would fit into the neighbourhood.

The exterior of the home looks like a snapshot right out of the 1970s. The bones of the interior, though, are a pure concept, than an authentic old design would have, as still scattered into clear cut spaces. But unlike an old home, the design is bright and light — mid-century modern meets art gallery.

HOW? Aside from the kitchen's dark-stained cabinetry, the rest of the interior is light. Maple flooring and eggshell white walls throughout the house, so as not to detract from the artwork, which takes centre stage.

Neilson has been an art lover as long as she can remember. She's an art collector and "from the time that I was getting a pay" check, I've been buying art."

Her two favourite artworks are childhood pieces by her two sons — one is a blue plate with two butterflies. Besides it is her next favourite piece, a John Henry Fine Day mermaid sculpture.



QC PHOTOS BY DON HEALY

SPACES

"It was an amazing emerging First Nations artist just before his stroke," says Henson of Fife. Day died of cancer in 2006. "So there are very few pieces that exist."

Henson has works by a variety of artists, including Heather Warner, Michael Haskins, Jon David, David Thaulenger, Richard Samko and Kyle Henson.

Her collection has a bit of a farm theme, which Henson attributes to the fact that "almost all of the art in here is by Saskatchewan artists."

"She doesn't have enough wall space to display everything, so it becomes a bit of a rotation. People will come in and say, 'Oh, that's a new piece!' and I'll say, 'No, it's just been over there,' or 'I brought it downstairs from the attic.'"

Off the walls, Henson's furniture pieces are like art to her. "I wouldn't buy it just as a functional piece. I'd buy it because it looks like art," said Henson.

From the Mogul's 1960s glass table to the Frank Gehry hockey series chair to the Eric Saarren 1940s dining chairs, almost no two pieces are alike.

"The furniture is art as well. I would want it," she said. "Even the pillows, they're picked because each one looks like it should be there."

Henson has chartered Jonathan Adler as her home decor.

"The house is that Jonathan's house should be an art museum," she said. "What I love most about it is (a) there's little punches of colour all over and there's nothing dark or overly done. It's a happy house."

Though Henson lives all the pieces in her home, she is ready for a new structural model.

"She has a new home on her dining table," she said. "Whether or not it'll ever get built, I don't know," said Henson — in which the exterior is a better reflection of the interior. "Decor-wise it would be much the same."

"I think the art could do in almost any interior," she said.

"Our beds are away at university so a lot of the space isn't put into the bedrooms," said Henson. "We live in the family room but in the kitchen," said Henson. "I would have one big great room."

Photo credit: Jonathan Adler





Next week in QC

Jo-Ann Episkenew,
director at the Indigenous Peoples' Health Research Centre, followed her heart to Regina

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ON THE COVER

...In a lot of ways, Agribition's a bit of a marriage broker. —Marty Seymour

CANADIAN WESTERN AGRIBITION

Telling the food story



Canadian Western Agribition CEO and president Marty Seymour speaks proudly of the hundreds of people who put together and run the huge agribusiness show each year in Ouellette.

By Will Chabon

Marty Seymour tells a story about the day he was trying to make a good impression, taking some bank credit lines on a wedding tour of the Canadian Western Agribition, the annual autumn agribusiness show that Seymour heads — when they came to a copy of the bank's corporate logo — on a wall behind a cattle loading chute and a dumpster.

"There was — how to put this politely — cow poop on the bank's sign."

Seymour was mortified.
The bankers?
They laughed.

Seymour tells that story to make a point. There's something about this annual livestock show, consumer fair and entertainment extravaganza that has everybody pulling together to make sure it comes off OK.
Shades: it's like a Prairie wedding — you make it work.
The wedding analogy is appropriate in another way. For Seymour

and his staff, the pace is so fast and furious that it's like 90 weddings in six days here," says the tall, amiable Agribition CEO.

Seymour likes the wedding metaphor. In a 2012 interview talking about Agribition's past and present focus as a cattle show, he said "People want to see the people they're dealing with build a relationship (and do some transactions) So in a lot of ways, Agribition's a lot of a marriage broker."

Seymour is also fond of another

word: "people."

He talks with a disarming, almost everybody involved with putting on Agribition, from its eight full-time employees (who log 35 and 16-hour days as the big show approaches the approximately 300 seasonal staff around 400 volunteers, some of them local, some of them from well outside Regina and across a volunteer staff at Agribition into their annual holiday plans. He shakes Evans Place's staff and says that when you're putting on a big public event like this, "I think

the potential staff is equally important."

And speaking of people: those of us who attend as visitors seem to like it — a lot. For the last five years, attendance has been around 140,000 people, which means it's one of the four largest agribusiness shows in its class in North America.

Locally, Agribition (which runs Nov. 18-19) is second only to the 40th Anniversary Fair in getting people onto Evans Place.
Continued on Page 10

They've been able to become a lot more businesslike and progressive in the operations of their show. They've had attendance success and they've benefited from these new buildings. — Mark Allan

No other show at Brama Place takes up so much indoor and outdoor space, with parked cattle trucks spilling out to the area on the north side of the CPSI trucks between 12th Avenue and Albert Street.

Visitors come from an estimated 10 countries and the show, which about 127 million directly into the provincial economy each year, he estimates, with about 140 million of that staying in Regina.

It's possible that nobody was kept from the new hotel being built in Regina over the last few years than Seymour, who admits construction work on Moose Stadium 2.0 will reduce on-site parking. But with the use of shuttle buses from the Southland and Northstar centres, that can be taken in stride, too.

Agriculture's landlord takes a similarly upbeat view. "It's been a great, successful relationship for many years," says Brama Place CEO Mark Allan, who concedes that Agriculture would like to see the aging cattle barns at the site's northwest corner replaced. Under Seymour's leadership, "they've been able to become a lot more businesslike and progressive in the operations of their show," said Allan. "They've had tremendous success and they've benefited from these new buildings. We're hopeful to be able to solve some of the old barns' issues in the next couple of three years."

Challenges — yet Agriculture's eight permanent staff, 200 more seasonal staffers hired to work on Agriculture, plus 400 volunteers and staff from Brama Place always pull it off. "There's happiness and there's crying and there's fighting and all the things that happen at a good family wedding," says Seymour in a chat in his office on the second floor of the Canada Centre.

Seymour's own relationship with Agriculture goes back to its early days. Based on a farm near Carleton Place, he was happily signed on the 1950s to help show a neighbour's cattle at it — and became "hooked on the social nature" of the show. He later went to the University of Saskatchewan for a degree in animal science; then worked in the animal feed, nutrition and pharmaceutical industries, getting into the



Historical photo of a cattle auction during the Canadian Western Aggation in the 1950s in Regina's Exhibition Grounds. LEADER-POST FILE PHOTO BY PETERA PETIT

business marketing side — good training for the "people" aspect of Agriculture.

He joined it as CEO in 2011 and figures he has "the coolest job in Re-

gina." Another story makes that point. Some volunteers recently were in Seymour's office at Brama Place in Canada Centre to discuss a letter

way to recognize their volunteers, one inside the point that "once this gets rolling, the volunteers take ownership of this thing and we re-estimate our visitors from the little

managers and the special bumps. "It works so well because it's well understood. They pick up a shovel, pick up a broom or open a gate — they're not dreading by staff."

It frightened us enough, to the point where we wondered what we were going to do about it.
— Larry Schneider



Agribition CEO Marty Seymour (front center) and his staff. From left to right: Lucy Ryan, office administrator and executive assistant; marketing manager Sarah Kover; trade show manager Cory Holins; Seymour, livestock and rodeo manager Shavane Fuchs; livestock events co-ordinator Reed Scott; sponsorship manager Cheryl Gilchrist and Sylvia Boyko. Sponsor manager Jo Hinton is also present.

'And so much that causes an instant passion.'

New position of a different kind. For this story begins with, in an. Back in the late 1960s, ranchers on the Canadian Prairies were feeling pretty confident about the quality of cattle they were breeding. And many sensible businessmen they wanted to make sure potential buyers knew this.

But they were a little tired of putting cattle onto outdoors for the one big Canadian cattle show held in those days, the Royal Winter Fair in Toronto, so it cost considerable money and about 30 days of a cattleman's time to make the trip.

In her 30th anniversary of Agribition's first 30 years author Suzanne Stenhouse says a group of ambitious Prairie cattlemen including Clive

Sutter and Jim Kershner had an idea after a trip to the National Western Stock Show in Denver (which calls itself as the "world's largest stock show") they wondered if Western Canada didn't deserve a show.

Why it could be held in Regina, more-or-less in the centre of the Canadian Prairie and close to the best cattle country in the U.S. Reg-

ina also was one of the few centres with facilities for such a show — at what used to be called "the exhibition grounds."

Back in Regina, Sutter talked his way into the office of then premier Ross Thatcher, a cattlemen himself, and sold the idea of adding a high quality cattle show to the existing Manitoba ("manchurian exhibition") trade show for horses

sponsored by the provincial department of agriculture. Thus, the very first Canadian Western Agribition was held in the late autumn of 1970. (Suzanne's book notes alternate time issues that were plighted: The Saskatchewan Little Western Fair, The Royal Fair, International Golden Prairie Livestock Show and Sale and The Canadian Cattle Derby.)

Continued on Page 10

I think you're going to see, in the next 10 years, the growth of 'the food story.' It links back to people wanting to know where their food comes from — who raises the food? — Seymour

Seymour says he's learned that Agribition evolved through several distinct stages.

The 1970s were the early days, when organizers learned what would work — and what wouldn't. The idea of international buyers probably didn't occur to the early organizers. Seymour says "But it fit a need within Western Canada."

Old timers told him there was "no real pressure from your neighbours to move and support this thing unless we want this to work," said Seymour.

The 1980s was the era of cattle cattle breeds and the rise of international trade and buyers in the transportation of buyers and animals became easier, quicker and more affordable.

The 1990s saw the arrival of what he calls "every imaginable breed of specialty livestock: elk, ostriches, emus and llamas. Generally, more and more entertainment was added."

On a more somber note, there were the years after 2003 and the discovery of a case of bovine spongiform encephalopathy (also BSE, a neurological disease sometimes known as "mad cow disease") in Canada and the subsequent closing of the US border to our beef exports that meant fewer places to sell beef and lower prices. In April about 2010, there was what Seymour calls a "right-sizing" of the cattle portion of Agribition. The live cattle trade fell off substantially fluctuated and the show found "a new balance."

That's why Seymour defines Agribition as "a little bit of this, but as the amount of business the parcel guard does is a surprisingly accurate barometer of the U.S. economy," Seymour figures that Agribition is a great measure of the health of the livestock sector, in particular, and Canadian agriculture, in general.

And the overall note is that "your trade show is completely sold out."

Yes, the crop side of things "re-focused on their involvement" in the event of a late harvest and crop loss, especially, is smaller than 2010's showcase. "It's being challenged," Seymour said.

But believing that things are going very well for livestock producers. That means more visitors for



Historical photo of the horse competition at the Canadian Western Agribition in 1977. AGRI-POST FILE PHOTO BY IAN GARDINER.

Agribition's livestock shows. Says Seymour: "The show is continuing to expand."

Such success does not go unnoticed. Bonnie Stephenson's 1990 book on the first 30 years of Agribition noted that no owner had organized such provincial government support for their show and contacted notations than one of their number in Alberta noted this had facilitated a plan to create a major league livestock show in Calgary. A decade later, then mayor Larry Schweitzer (no stranger to agribusiness thanks to his previous job as farm extension director on CKRC-TV) learned that a group in Calgary or Edmonton was trying to have every Agribition or

start a rival show. Nothing had been put on paper, but Schweitzer said correctly "It frightened us enough to the point where we wondered what we were going to do about it."

What might have tipped the scales was that the federal agriculture department had only a small money in spent on sponsorship and awards, and "the government had already declared that Agribition would be the western show," he recalled.

To competitors like Edmonton's Farmrite International, Agribition has responded with gusto. Year by year, there's been more entertainment (with far jousting that year) and seminars on agribusiness. First Nations programming was added three years ago and Seymour takes particular pride in Federation of

Snake Indian Nations vice-chief, Deborah Wapata, in ceremonial garb and mounted on a horse — getting a warm welcome when he opened the show's rodeo. "And from a cowboy show," said Seymour who needs no prompting to talk about the growing importance of First Nations economic development. "Those were good moments." Division by the Indigenous Agribition is held Nov. 26 to 30.

But Seymour takes most enthusiasm about the 6,800 school children from 180 areas and areas who come to Agribition each year, racing off their buses to what, for some, is their very first exposure to Canada as agriculture.

That fits well with another of Agribition's goals: "Telling the food

story" to a country increasingly disconnected from how it really gets its food, how it's a big money business and how it's full of job opportunities for those students when they grow up.

It's no coincidence this fits with the "Agriculture More Than Ever" educational campaign recently started by Fern Creek Estates and its allies. "I think you're going to see, in the next 10 years, the growth of 'the food story,'" says Seymour, was an philosophical about Agribition's future. "It links back to people wanting to know where their food comes from — who raises the food?"

As a grunting Seymour says, "It's not just a cow show."

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Canadians — come feel the magic!

Minot is called the "Sagebird City" for good reason.

There are, of course, the many "magical" activities, events and traditions that the city has to offer. With historical and cultural sites — and nights — Minot is sure to exceed your expectations.

The Dakota Territory Art Museum, Redwood Museum, Six Line Depot Interpretation Museum and the Walker Art Museum are just a few of the worthy attractions. And, visitors won't want to miss the Scandinavian Heritage Park to get a glimpse into the area's history.

The Minot area also abounds with unique shopping opportunities. There's something for everyone, from large retail stores to unique specialty shops.

After spending some time at the Dakota Square Mall, with its more than 100 stores, you can head down to Main Street and

Minot's historic downtown shopping district. There you will find a wide selection of shopping opportunities, including galleries, cooking shops, jewelry stores, specialty clothing shops and much more.

Shopping 'til you drop can be tiring, and there is a wide selection of restaurants — more than 20 in fact — so there is bound to be one that gives you a chance to relax and bask in the magic.

Still energized?
Kick up your heels at one of Minot's

terrace hot spots or take in one of the great events happening in and around town.

Be sure to book your trip in advance so that you're guaranteed that a room is available at your favorite hotel. Check out the hotels on www.visitlarghland.com below you check in.

To ensure there are no hiccups at the border before leaving for Minot, there are a few tips:

- **Remember to bring proper identification.** Canadian citizens must present one of the following valid Western Hemisphere Travel Initiative-compliant documents when entering the U.S. by land or water: a passport, which must be valid until the date of expected return to Canada; a NEXUS card;

- a Free and Secure Trade (FAST) card — an enhanced driver's license (EDL) or advanced identification card (AIC) from a province or territory where a U.S. approved EDC/ECR program has been implemented; or

- a Secure Certificate of Indian Status.
- Visit a Canada Customs office to identify any vehicles you may want to take to Minot from home. Items like cameras, jewelry and tablets can be declared and recorded, so there will be no problems coming back across the border.
- Check with Canada Customs if you plan to change or improve any part of your vehicle. If your vehicle breaks down while in Minot, the repairs must be declared at customs and you may not have to pay the duties. But if you improve your vehicle in other ways, increase its value, Canada Customs law will no longer consider the vehicle Canadian.

For further information, or to request a free Visitor's packet including coupons, lists of restaurants, attractions and where to stay, contact the Minot Convention and Visitors Bureau at 1-800-364-0828 or visit the website at www.visitlarghland.com. It's simply magic!

These stories were produced by L.P. Specialty Products to promote awareness of the local economy. The Leader's Professional Department has no involvement in the content of the content.

GET OUT AND PLAY

We're ready for you

Black Friday

Black, or technically the absence of color, is not generally viewed as a positive color in marketing. Except for the Friday following Thanksgiving in the United States, that is. Just barely the Friday following the U.S. Thanksgiving in the United States, that is. The Friday in the U.S. shoppers line up for a range of low-price deals on everything from toys to major electronics. This year, the shopping spree starts on Fri. Nov. 26.

The term "Black Friday" was first used way back in 1869 to describe a day the United States stock market crashed. Its modern connotation is quite a bit more upbeat — it's now used as an marketing to indicate the start of the Christmas holiday shopping season.

Black Friday is probably the biggest shopping day of the year in the U.S. and also plans timing of their major sales for that day.

Ever since the start of the modern Macy's Thanksgiving Day Parade in 1926, the Friday after Thanksgiving has been known as the unofficial start to the holiday shopping season. The name "Black Friday" originated in the 1960s and refers to retailers moving from the "red" in their finances, to "black," it references the days before computer apocalypse, when accounting records were kept in written form and not indexed as a form, black a profit.

As retailers began to realize they could draw big profits by discounting prices, Black Friday became the day to shop, even better than those last-minute Christmas sales. Some retailers now put their items up for sale on the morning of Thanksgiving, or even online ahead of time to consumers days or weeks before the actual event. The most shopped for items are electronics and popular toys, as these may

be the most drastically discounted. However, prices can be slashed on everything from home furnishings to apparel.

In Miami, Walmart and J.C. Penney will be opening their doors to consumers the evening of Thanksgiving at 6 p.m., and the majority of other retailers will be opening between midnight and 2 a.m.

Black Friday can be a long day with many retailers opening their doors only to the horde of people waiting outside the store windows. There are numerous door-buster deals and low leaders — prices so low the store may not make a profit — to entice shoppers. Often, people will show up for a small number of limited time door-buster deals, such as large flat-screen televisions or laptops for a few hundred dollars.

Most large retailers post their Black

Friday ad sales, coupons and offers online beforehand to give consumers time to find out about sales and plan their purchases. Other companies like a different approach, waiting until the last possible moment to release their Black Friday ads, hoping to create a buzz and keep customers eagerly checking back for an announcement.

Canadian shopping habits have begun comparing with the U.S. tradition by offering their own Black Friday sales. But there are still advantages to getting the best deals to check out different sales and different products.

Thanksgiving falls on Nov. 27 this year, with the Black Friday shopping madness starting on Nov. 28. Make sure to book your train now and go online to visitbrand.org/canada to check for Black Friday retail specials.

New state poker champion to be crowned

Poker mania starts in December, with the arrival of more than 1,500 poker players to Miami for the annual **WSOP Vegas Hold'em Championship™**. The tournament, held this year on Dec. 30, 31 and Jan. 1, 2011, is hosted by The Vegas Motel. Now in its ninth year, it continues to grow and draw national and international attention.

This year's new state champion and first place winner will receive an estimated \$50,000 and the total prize pool is expected to be over \$175,000. The tournament draws the majority of state players from across the United States and Canada.

One of the leading reasons players go for playing in the local state championship tournament is that the tournament gives them the opportunity to strategize their skills and develop the confidence to move on to the larger World Series of Poker™ (WSOP) events held annually in Las Vegas. Many of the tournament players have played in the WSOP™ events and have taken home cash prizes.

The drawing tournament consists of a \$150 buy-in. Players entered the qualify for the championship round by playing in up to the championship of poker. The top 100 qualifiers advance to the championship round on Jan. 2.

A portion of registration proceeds is used for tournament costs, such as trophies, advertising and staffing, with the remainder being donated for college scholarships at Miami State University.



Pre-registration is recommended, since it guarantees that a player will have a spot in the tournament and it speeds up registration on game day.

The Vegas Motel is located at 2215 North Browardway, across from the Miami International Airport. The \$150 registration fee may be paid by check or money order in U.S. funds. To have a registration form emailed directly to you, email sales@vegasmotel.com. For more information, visit the tournament's website at www.thrivegameof.com/pokertournament.php, the tournament's Facebook page, or call 701-828-9000.



Canadian **Bill Dugg** took home the \$150 buy-in in 2010, taking home \$50,000.

Tournament Schedule

Dec. 30

The **Leading Bee Free Roll Tournament**, sponsored by The Leading Bee and Boffie Shop. Play open to the first 450 players, registration at 4:00 p.m., play at 6 p.m.

Dec. 31 —

Qualifying Round \$150 buy-in

Registration opens at 8 a.m.
Flight 1 play begins at 10 a.m.
Flight 2 play begins at 3 p.m.

Jan. 1 —

Qualifying Round \$150 buy-in

Registration opens at 8 a.m.
Flight 1 play begins at 10 a.m.
Flight 2 play begins at 3 p.m.

Jan. 2 — Championship Round

\$250 buy-in

Registration opens at 10 a.m.
Play begins at noon.

GET OUT AND PLAY

We're ready for you



The sounds of the season

The holiday season is a delight for all the senses — from the crisp smell of the Christmas trees, the feel of soft snow on one's toes, the savor of drinks and treats, dressed in their winter wear, the taste of turkey and the sounds of the symphony.

Yes, this symphony! The *Mind* Symphony Orchestra will present its special holiday concert on Dec. 11 at the Ann Nocenti Nelson Hall on the *Mind* University Campus. The concert will feature a number of Christmas classics, including *Christie Brown Christmas*, *Single White Female*, *Angels We Have Heard on High*, *Greensleeves* and others in the final part of the evening. The concert will feature a performance of *Act II of The Nutcracker* by the *Mind* Masterpiece Institute of Dance and Ballet Theater.

Mind is said to be the smallest city in the United States to host an organized symphony. Now in its fifth season, it's going strong, according to executive director



Paula DeJoy. "The symphony has grown. We have a new conductor, a young conductor. The symphony has just gone strong," she said.

The new conductor and musical director is *Mind* resident Scott Seaton, who joined the *Mind* ensemble in 2012, after working with orchestras across North America, South America and Europe since his international debut in 2007. "Scott is a great music director and he's done wonders. We had that season here and the orchestra has reached the level where it's packing the house," DeJoy said.

In addition to his work with the symphony, Seaton also teaches at *Mind* State University and at the *Mind* Air Force Base. Although a superb singer, the symphony is a program of *Mind* State University and the university's music department. University students comprise roughly one-third of the

symphony members at any given time, and the total participation is usually between 75 and 85, according to DeJoy.

She said there has already been a lot of interest in the holiday concert and advice people considering attending to call first to ensure there are tickets available. This special concert is in addition to the regular season. DeJoy is hopeful that this year's event will be successful enough that a holiday concert can be included as part of next year's season's tickets, with an additional holiday concert for the general public.

Given the success so far, this third-century-old symphony will continue to attract and continue music lovers for years to come. "It's [success] is definitely a credit to [Seaton] and to the orchestra. We're all — everybody together — working together really well," said DeJoy. And, that's music to the ears.

For more information, call 701-828-4028 or visit www.mindstate.edu/symphony/.

New stores add to the holiday shopping experience

As many people already know, *Mind* is the perfect host city for long getaways and couples' weekends. With such a great reputation given to *Mind* vacation, it's no surprise that it's also a hotspot for holiday shopping.

"There are a lot of great new shopping opportunities in addition to the already great selection at Dakota Square Mall. We have more now department stores, such as *Cardinal's* now, and *Kohl's* who have been here for a few years," said *Mind* State University's vice president, Mark *Mind*. "Our Downtown is also really expanding. It has a lot of great new boutiques, particularly for women's clothing. We also have *Target* and many stores like it. With the addition of our new restaurants to

eat at, it's great to just spend the weekend in *Mind*. You can get everything done at once." www.visitmind.org visitors planning a cruise: It order now! Use open simpler. Before hitting the road, visitors can use the *My Map* feature of the website. It allows guests to select the places they are interested in visiting (be it, restaurants, shopping and other attractions) and add them all to a personalized map of *Mind*. The map includes contact information for each venue and a printable, so it can be taken on the trip.

Don't feel if you didn't plan enough ahead to print the map. Visitors can access the handy mobile site from anywhere. Those who are about to arrive in *Mind* can whip out their smart phones and find great dining

establishments and shopping opportunities. "Our mobile site is very easy to navigate and can be accessed from any mobile smartphone or tablet device, which is especially great for those visiting *Mind* who may not have access to a computer or laptop," Seaton said.

Those wishing to make their holiday shopping into a weekend of fun may check out the easy-to-use hotel availability feature on the *Visit Mind* website. Internet surfers can receive hotel availability by simply typing in the date they are planning to visit. This prompts a list of available rooms to pop up in a straightforward listing. From there, making the reservations is simple.

Although this feature of the website has been around for quite some time, it continued

success has attracted many more hotels to join the popular page.

"Make sure to check out all the events going on while you are in town as well," added Seaton. "You can catch a movie or see some live music! There's always something going on in the city."

For tips regarding traveling from Canada, its easy to check out www.visitmind.org's clickable *Canada* link section to find specific travel information, including required travel documents, exemptions, duty-free information and more.

For more information, visitors are also encouraged to connect with *Mind* on Facebook and Twitter, which are easily linked to from the mobile website.



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Upcoming Events

Nov. 22

A Program Extravaganza

Minor's Public Library, 12:30 p.m.
D&D sponsored by the River District and Friends. Limited seating, so reserve early! Only 25 spots available per session. Each session includes a peroxide to take home, a movie, guitar tutorial, royal games, a crown to decorate and take home, sing-along, prizes, a raffle and pictures are. \$40. Session one, ages 2-4, 12:30-2:00 p.m. Session two, ages 5-10, 2:00-3:00 p.m. Hosted by Super Duper Fun Time Group/parents. For reservations, call or email at 709-860-2018 or email: info@superduperfun.com.

Nov. 22-23

State Class A and B Volleyball

See a talent

Minor's Back University

Nov. 23

Chamber Showcase of Business

North District State Fairgrounds, 5 p.m.

Minor's event business will showcase

all the great products and services that are available in the area. Stop by through business and chat with business owners to see what Minor's has to offer. Tables \$15

Nov. 26

Tipsy Turkey Pub Crawl

Coastlines Hotel

The night before Thanksgiving is one of the biggest pub days of the year, so why not bring the fun downtown?

Start in Big Time Tavern at 7 p.m. and buy a souvenir Tipsy Turkey mug for \$15 and get the first \$5. Then, just to any of the participating businesses to grab up more drink specials. Only 200 mugs will be sold. If you're a drinking buddy, get tipsy along as others your fun with company.

Nov. 27

Thanksgiving Day 50/50

Grand Hotel, 1031 North Broadway

Nov. 28

Old-Fashioned Christmas Open House

Coastlines Hotel, 1 p.m.

Scots and Mrs. Claus lead the family

day of fun, food and entertainment. Store specials all day long to start your Christmas shopping off right. Music in the streets and on the stage with a DJ, reading performances and lectures. This beautiful evening ends with the grand lighting of the Christmas tree on north Main Street.

Nov. 28-30

'Twas the Last Mailing Day Before Christmas by the Minor Floor Play

It's a long line of customers waiting to mail their packages before the clock strikes midnight. So many people are so excited, some are even dancing. Others find themselves shouting their phone numbers at the holiday season at hand. For more information, visit www.minors.com/employees.

Nov. 29

Festival of the Seasons Exhibit and Sale

Tolson Museum of Art, 2 Main St. N., 10 a.m.

Open house in conjunction with the Downtown Old-Fashioned Christmas Open House. Refreshments will be served. Local

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Nov. 27

Thanksgiving Day Fun!

Grand Hotel, 1031 North Broadway

Nov. 28

Old-Fashioned Christmas Open House

Coastal/Mentor, 1 p.m.
Santa and Mrs. Claus lead the family

day of fun, food and entertainment. Store specials all day long to start your Christmas shopping off right. Meet in the streets and on the stage with a DJ, reading magazines and books. The beautiful evening ends with the grand lighting of the Christmas tree on north Main Street.

Nov. 28-30

Thank the Last Mailing Guy Before Christmas by the Minor Floor Play

It's a long list of customers waiting to mail their packages before the holidays. So the credit, so many usually devote themselves find themselves shelling their oysters about the holiday season at hand. For more information, visit www.houseofmerrill.com.

Nov. 29

Football of the Season Exhibit and Sale

Tolson Museum of Art, 2 Main St. N., 10 a.m.

Open house in conjunction with the Downtown Old-Fashioned Christmas Open House. Refreshments will be served. Local

The perfect gift for everyone on your shopping list!



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and regional artists will showcase their creations which will make great gifts for the holiday season. There will be everything from ornaments, stocking stuffers and fine art. All works will be available to take home the day of purchase.

Any artist 18 and older may submit their work, is very and many. Artists would be needed within the last two years and not previously displayed in the Festival of the Season Art Sale.

**Dec. 4-6
Minot Chamber Classic
Remembrance Christmas Feast**
North Dakota State Fair All Seasons Room, 6 p.m.

Lord Eric, Lady Pamela and the distinguished royal court of lords and ladies invite you to welcome the holiday season with them. Saddle up at 6 p.m. dinner at 7 p.m. For information, reservations and prices, call 701-542-7523. Please indicate your choice of meal and table preference when ordering tickets.

**Dec. 6
Christmas at the Zoo**
Rosedale Park Zoo, 7 p.m.
Celebrate Christmas at the zoo

**Dec. 11
Minot State Wrestling**
Minot State University Dome, 7 p.m.
Come support the NCAA Division I Minot State wrestling team in its first home dual meet of the season. The Senators will take on rival U. Mary at 7 p.m.

**Dec. 11
Minot Symphony Orchestra —
Holiday!**
Ave Nicole Nelson Hall, Minot State University Campus, 7:30 p.m.

Join us for this new special concert celebrating the holiday season! The first half of this concert will feature many seasonal favorites, includingleigh, Rube and A Christmas Festival. A special collaboration with Minot, Minot State University of Dance & Ballet Theatre will bring success from Tchaikovsky's Nutcracker in the second half.

All seats reserved. Prices are \$30 on the main floor and \$25 in the balcony and are the same for all ages. This event is not included in the season tickets.

**Dec. 13
Christmas Wonder Show**
One Udder Place, noon to 4 p.m., must be at least 21 years of age.
Numerous vendors will be present to help get your Christmas shopping done all in one place. There will be multiple door prizes throughout the day.

**Dec. 13
First Annual Christmas Tea and
Catering**
Power Village, southwest corner of the North Dakota State Fairgrounds, 2 p.m.

Presented by the Ward County Historical Society. From 2-4 p.m. For more information or donations, call 701-626-0765.

**Dec. 13
Gift Q&A**
Minot Public Library, Inspiration Station

Come to the library to make some of these last minute holiday gifts yourself. Library staff and volunteers will demonstrate how to make homemade gifts for the holiday season; everyone who stops in can make something to take home. Gifts will include anything from aprons to library inspired decorations. To find out more, call the library at 701-852-1245.

**Dec. 16
Canadian Pacific Holiday Train**
Downtown Minot, Minot, S.D., crossing the U.S. Holiday Train will roll into Minot at approximately 7:15 p.m. Entertainment by Vince Howe and Kids' Parade.

**Dec. 26, 2016 to Jan. 2, 2016
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- Social hour including complimentary beverages from the pub Monday through Thursday
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GET OUT AND PLAY

We're ready for you



The train that does...

Canadian Pacific Railway's QP Holiday Train is the engine that not only could but does, help feed communities across North America.

Since 1990, two special trains — one in Canada and one in the U.S. — have travelled the tracks during the holiday season to not only raise awareness of the fight against hunger and the importance of nutritious food, but to collect food and dollars for those in need.

The Holiday Train program began as an employee initiative, according to CP spokesperson Selim Woodrow. "It was identified by employees that local hunger issues really matter to them. Since 1999, we've

invited more our network in Canada and the United States and have raised nearly \$9.5 million and 2.3 million pounds of food," she said.

The train stops across the United States and Canada raising money and food for local food banks, and helping increase awareness of hunger issues. They travel roughly 10,000 kilometers each year, visiting more than 150 communities. This year the Holiday Train will leave Montreal on Nov. 27 for their three-week journey across North America. The U.S. train will stop in Minot on Tues., Dec. 16 at 7:15 p.m. at the Main St. crossing. Details are available at www.cprail.com/communityholidaytrain.

train, and through Facebook and Twitter.

Each Holiday Train is about 1,000 feet long, and is made up of 14 rail cars decorated with hundreds of thousands of technology lighting LED lights and holiday designs. Each has one modified boxcar that has been transformed into a travelling stage for performers. This year's performers will be Home Free and Kris Kristofferson. The concerts are free, but attendees are encouraged to make a donation to the local food bank — either a non-perishable food item or a cash donation.

More than a moving spectacle phenomenon, and more than a well-lit entertainment stage, the Holiday Train also serves a light on

the fight against hunger. Everything raised in each community when the train visits stays in that community and CP also seeks donations at each stop.

The arrival of the Holiday Train is eagerly awaited by everyone, with families and friends lining up and heading down to the tracks to see the train, enjoy a festive evening and donate money or food for the food banks to directly help their neighbours.

It's the Christmas spirit and the North Dakota sense of community all wrapped up into a heartwarming bundle of holiday joy. Santa may have to look in his mirror and take the lead.

Why 'Magic' Minot?

Minot, of course, considered magic for all the wondrously alluring attractions it offers. But, here's an older reason — dating back to the founding of the community.

Watson, and perhaps even a few residents, may be surprised to learn that the bustling city of more than 46,000 people began as a wide open lot at the end of a railway line, back in the late 1890s.

James Jerome Hill became known as The

Empire Builder largely due to his activities involving the railroad. It's his empire, temporarily not out of them just outside of what is now Minot in 1909. Before the builders of the Great Northern Railroad had double building a line he named Glacier House and with the prairie cold creeping up, the railroad helped construction for the winter. A tent only opened up overnight — no (by now) — a suburb that has continued to this day.

As was common then, the site of the new settlement was chosen by the railroad and homesteader Carl Hornshead saw the fledgling township located on his land and would go on to become of the town's leaders. The town was named after Henry Davis Minot, a railroad investor and friend of Jim Hill, and was incorporated as a city on June 26, 1907.

Many of the early settlers to this area and residents of the new community, were from the

Scandinavian country of Sweden, Norway, Denmark, Finland, and Iceland. Their heritage lives on today in their descendants who continue to live in Minot and still treasure many of the Magic City's events and traditions, such as the Scandinavian Park. The Nordic theme extends to the Walker Center, which is housed in a Norwegian heritage building inside the Scandinavian Heritage Center.

Still,

GET OUT AND PLAY

We're ready for you

Annual Holiday Open House

'Tis the season! For family and friends! For festivities and fun! Get into the holiday spirit at the annual Downtown Holiday Open House in Minot. The yearly event begins on Fri., Nov. 26 at 2 p.m. and offers something for the whole family to enjoy. Black Friday shoppers can take advantage of the special offers by the downtown merchants or take a break from the shopping regimen while enjoying the entertainment.

There will be music in the streets and on the stage with a DJ and live acts and, of course, well-behaved. Coupons for downtown merchants will be given away at the LaQuinta Inn and Suites.

Children can have their photos taken with Santa and Mrs. Claus and also pose with the couple at the Toube Museum of Art beginning at 5 p.m.

Decorated and festooned, family-friendly will be offered from 5 to 8 p.m. The highlight of the Open House will be the lighting of the Christmas tree in the middle of Main Street, with carols from Voices of Note and the Heritage Singers leading the singing at 6:30 p.m. The lights will be lit on the tree at 8 p.m.

A special thank you to TG Nursery, Plant Builders and Xmas Flors for their work in displaying the tree for everyone to enjoy.



2014 Downtown Minot Christmas Open House



In-Store Activities:

ALL DAY ~ 3PM - 8PM ~ November 28th

Artmolin ~ Christmas books with holiday speech throughout the store

Broy's Soddiery ~ Christmas cookies and up to 30% off items

Budget Music & Video ~ Black Friday is the best time to buy

Star Day: We will have 25% off new CD's and CD's

Children's Music Academy ~ Holiday music lessons

Cookies For You ~ Customized chocolate and cookies

D's Boutique ~ Hot deals on all day

Esoteric ~ Holiday specials, refreshments and musical events

Florence Bridal ~ Black Friday is the best time to buy

Special lighting and extra early starts \$2.00

Gourmet Chef ~ Snuggles and Gift Packages, gift sets

Grow With Me ~ Educational and 20% off store wide

~ including children and baby

Integrity Viking Furnishings ~ Free hot dogs

Lulu Lane ~ Hot Christmas and holiday specials

Mainstream Boutique ~ Very Special in Store Sale

Hot special sale and special items beginning at 3PM

Michelle P ~ Hot deals on Christmas Angel Bells

(50% off) and special items (up to 50% off)

Wholesale and Special Gifts

Nice Impressions ~ Freebies

Oliver's Attic ~ FREE Shoes & Gifts

Sweet & Flour ~ 25% off all the Christmas Cookies, special pastries

Hot deals and Special Gifts

Toube Museum of Art ~ Free Holiday Festival of the Trees

Sale by local Artisan Gallery, local Artisan Sale, probably

local Christmas tree decorations

Trendz Boutique ~ Hot Christmas, perfect for last sales

Hot Christmas Day-20% off items, extra 10% off

Voll's Cycles ~ Special holiday (up to 10% off) and a 20% off

promotion every other day

Wetfin Ford Lincoln ~ Black Friday Sales

Christmas and holiday specials

8:00AM - 11:00AM

La Quinta Inn & Suites 1555 35th Ave SW ~

FREE breakfast for early downtown shoppers. Get your

downtown coupon here!

3:00PM - 5:00PM

Fair Building 122 South Main Street ~

Picture with Santa

3:00PM - 8:00PM

Main Street & Central Ave. Downtown ~

Free byondies! Sponsored by Rose Allen All State Insurance

5:00PM - 8:45PM

Toube Museum of Art 2 North Main Street ~

Photo with Santa and Mrs. Claus sponsored by BMW

5:00PM - 7:00PM

Toube Museum of Art - Outside ~

Christmas music by Fortney Karaoke

5:30PM

Toube Museum of Art - Outside ~

Cooking with members of the Heritage Singers and Voices of Note

5:00PM

Toube Museum of Art - Outside ~

Lighting of the Tree Ceremony

7:30PM

Mouse River Players ~

"Twas the Last Night of the Christmas"

(family-friendly play)

7:30PM November 26th, 29th, 29th November 30th

December 16th

at 7:15 PM

CP Rail's Holiday Train will visit Minot

GET OUT AND PLAY

We're ready for you

Food, glorious food!

Visitors come to Minot for all manner of reasons — to have fun, shop and eat the sights. Regardless of the activity, there is one thing every visitor must do during their time in Minot, and that's eat. Breakfast, lunch, supper and snacks, this many and varied restaurants of the Magic City have something to please everyone's palate.

One of North Dakota's most important trading centers, Minot's thriving economy is a boon to travelers from the surrounding states and Canada. With the rise in tourism in Minot over the past few years, the other sector is testing the magic quite like the city's hospitality industry.

In addition to the wide and varied assortment of restaurants, bars and clubs already in operation in the city, there are a number of new additions to provide even more options for the hungry visitor or resident.

- The Starving Recruter**
 Pizzas, bar and grill, and take-out, wood-fired and ball-blasted pizzas, pinchos and more, with a large variety of beer on tap.
 201st St. NE, 701-828-2020
- South River Brewing**
 Locally owned brewery bar and restaurant, hand-crafted beers, dinner and lunch service.
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 33 3rd St. NE, 701-437-6884

- Fuddruggers**
 Burgers and steak house, pit-bistro. Of special interest to Regulators, who have been without a Fuddruggers for years.
 Southgate Crossing, 1600 35th Ave. SW, 701-857-4000
- Uncle Maddy's Pies & Joint**
 Create your own pizza by choosing everything, including the dough, sauces and toppings.
 Southgate Crossing, 2070 16th St. SW, 701-828-4645
- NO Aoki**
 Sushi house, sushi bar and hibachi, with Asian, Chinese and Japanese food.
 Southgate Crossing, 3402 16th St. SW, 701-852-1143



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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Nov. 14

**Wednesday Night Pub: The 300-
house Poets**
Dunwoody, 2206 Dewdney

**Vancouver Boys' Choir — Touring
ensemble**
8 p.m., Regina Performing Arts Cen-
tre, 1017 Angus St.

**Way Back Wednesdays with
Leather Cobra**
McNally's, 2226 Dewdney Ave.

**Vel Hallie, Jessica Ties and Fire-
starter**
Creative City Centre,
1843 Hamilton St.

Thursday, Nov. 20

Black Unleashed!
The Exchange, 2431 Eighth Ave.

Trick Ryder
The Pump, 641 Victoria Ave E.

Friday, Nov. 21

4x4 Fridays
VQR, 1475 Toronto St.

Jack Semple
The Arsenal, 3427 12th Ave.

Slow Motion Walker
McNally's, 2226 Dewdney Ave.

Almost Alien, in Darkness
Orpheus's, 7947 West St.

Spirit of the West
Castro Regins Show Lounge,
1880 Saskatchewan Dr.

Slow Motion Band
Edison's, 2200 Dewdney Ave.

Trick Ryder
The Pump, 641 Victoria Ave E.

Diamond & The Hough
9 p.m. Broadway's Lounge, 1807
Broadway Ave.

**Heather Burgeggarsman Christ-
mas tour**
Regina Performing Arts Centre



Melissa Brockmeier performs for Christmas on Friday

Saturday, Nov. 22

**Joel Gonzalez, Danny Oliver, Kari
Dene**
Creative City Centre,
1843 Hamilton St.

Open Acoustic Jam
3:30-8 p.m.
Broadway's Lounge/Western Pizz,
1801 Broadway Ave.

Prokofiev's Fifth
Regina Symphony Orchestra/Mosaic
Masterworks
8 p.m. Conexus Arts Centre, 300
Lakeshore Dr.

**Geeth, Oblique, Messiaen, Shivers
of Nihil, Unlucky Decade**
Midland Centre, 12 of W.

Sunday, Nov. 23

Vox Dei Nations
University choir and chamber singers
3 p.m. Knox Presbyterian Church,
2540 Victoria Ave.

Monday, Nov. 24

**Monday Night Jazz & Blues Tarp
Kaye Tito**
Dunwoody, 2206 Dewdney

Weekly Drum Circle

Instruments provided
7:30-9 p.m., The Living Spirit Centre,
3018 Dean Dr. Call Mike: 306-553-3881

Helen Phillips solo recital

7:30 p.m. Shaw-Box Theatre, Midland
Centre

Tuesday, Nov. 25

**The Playthings, The Greenery, Stiles
The Exchange, 2431 Eighth Ave.**

VISUAL ART

**Annie van Bommel, The Big
Gigantic**
Unique hand crafted jewelry with a
kitch Canadiana theme. Nov. 20-
Dec. 6
Opening Reception: Nov. 20, 5-8 p.m.
State the Art Gallery, 2070 Halifax St.

**Adrian Wilson: The Immortal Sil-
fado Boy**
Adrian Silfado is a First Nations artist
whose multimedia work incorpo-
rates themes of history, gender, and
identity
Until Nov. 30. Art Gallery of Regina,
Neil Ballwell Arts Centre, 3000
Highway 98 St.

**Jessamine Turner: the harder softer
side**
Turner fuses everyday objects with
Autism spectrum materials to re-
define their functionality and their aesthetic,
creating an evocative mixture of the
familiar and the provocative
Until Nov. 26. Danforth Art Gallery
— Sherwood Village, 5600, 501
Keeleside Blvd.

Passages: Town and Country
Works by Heather M. Clark
Until Dec. 30. Myer's Gallery, 3706
10th Ave.

WFF Presents: Will He Alley | Dana Le
Pauze

A major retrospective of celebrated
Saskatchewan painter Will Perreault.
First known for a single subject — the
everyday black dog.
Until Jan. 4. MacKenzie Art Gallery,
3475 Albert St.

**Carlie Muller: An Index of Saskatch-
ewan Towns and Other Canadian
Provinces**
Muller will use her inter-
ests in memory, history, coherence, and
other curiosities to guide her curatorial
and presentation of the important cul-
tural holdings of the Danforth and RCMP
Until Jan. 15. In situ — Central Library,
231 10th Ave. AM2 Royal Saskatchewan
Museum, 2445 Albert St.

2015 Biennale

A repeating and impactful col-
lection of photographs concerns studies
light, colour and movement. Features
12 Saskatchewan artists
Until Nov. 24. Contemporary Art
Gallery, 1611 18th Ave.

Richard Gonzalez in the Stratos
Serene, humorous scenes on hand-
worked wood with acrylic
Until Dec. 6. State the Art Gallery,
2070 Halifax St.

**Lee Eriksen: red carpet [red stripe
painting; walking the line]**
red carpet follows. An elegantly at-
tired female subject as she walks
down a seemingly endless red
carpet, outlining through an ever-
changing Canadian landscape.
Until Jan. 16. Danforth Centre Media-
theque, Central Library, 231-10th Ave.

Troy Coulthart Digital Head-
space

Exhibition examines our uncanny
relationship to technology and imagi-
nary ways to — and we — might adapt.
The first major solo exhibition by
Regina-based sculptor Coulthart.
Until Jan. 26. Mainframe Art Gallery,
3475 Albert St.

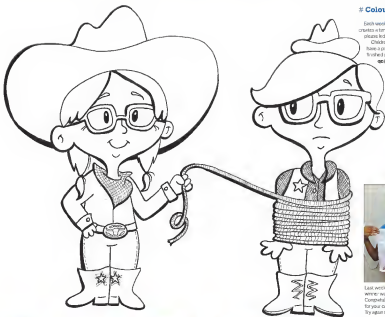
Contemporary Canadiana

The Artists of Scott McRobson Fine
Arts. Features works of art that
portray the essence of contemporary
Canadian Fine Art.

Until Jan. 21. Regina Centre-Courtesy:
1611 Albert St.

Events continued on page 27

OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie Molloy creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to cp@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's CP coloring contest winner was **Azure Beelro, Campbellton**. Thanks to all for your colourful submissions. Try again this week!



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EVENTS

Contemporary Canadiana The Artists of South Saskatchewan Fine Arts

Until Jan. 18: Government House, 4607 Broadway Ave.

Asimbiho Gallery

229-6 Smith St.
Open Tuesday to Friday, 10 a.m.-5 p.m.; Saturday 10 a.m.-5 p.m.

Hearted Ground

#003-8556 South St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Goldend Old and Fine Arts CD and ink paintings by Chinese artists Linjie Jiang and Huihui Tian

2230 Smith St. Open Monday to Saturday 10 a.m.-5 p.m.

COMEDY

Saskatchewan's Got Talent

Franchise dinner featuring comedians Double Vision. Nov. 20, 5 p.m. cocktails, 7 p.m. showtime. Casino Regina Show Lounge 1850 Saskatchewan Dr.

Pass the Hat

Nov. 20, 9-11:45 p.m.
The Club at the Exchange 3401 Eighth Ave.

The Length Sheep

Live standup every Saturday night, 9-10 p.m.
Surreal Motel, 1818 Victoria Ave.

PERFORMANCE

Hanoi

Nov. 19-21: Thorne Collegiate, 265 Apple St. N.

Word Up! Featuring Dou Devins

Nov. 21, 7-8:30 p.m.
Creative City Centre 1843 Hamilton St.

East to West

Youth Ballet Company performance. Nov. 21 and 22, 7-8:30 p.m.

University Theatre, Unit 1180-1181 Centre

Holiday Mix: A Barbecue and Polynesian Show

Nov. 22, 7-10 p.m.
The Artisan, 2627 10th Ave.

Yours A Good Man, Charlie Brown

Unit One Dec. 28
Globe Theatre, 1801 Scarth St.

THEATRE

Seniors Dance

Hosted by Quana City Gay-View Community Association. Music by two live musicians and a DJ. Food provided. Free. Nov. 19, 4-8 p.m. Gay-View Community Centre, 415 6th Ave.

Fun Dancin'

Learn to square dance, round dance or clog. First two nights free. Nov. 20, 6-7:30 p.m. St. James Anglican Church, 1105 Empress St.

Stratford Dance Party

Every Sunday
McNally's, 2225 Denbigh Ave.

Traditional Music Jigging

Free lessons. Pre-registration is recommended: 306-525-5363. Monday, 6:30-7:30 p.m. New Denver Heritage, 2207 Harvey St.

Monthly Old Time Dance Party

Ron and Sandra Budzinski. Nov. 26, 7-10 p.m.
Casino Regina Show Lounge 1850 Saskatchewan Dr.

SPORTS

Women's volleyball

Cougars vs. UBC Okanagan. Nov. 21, 6 p.m. U of R CHKS

Men's hockey

Cougars vs. Mount Royal. Nov. 21, 7 p.m. Copeland Centre, Inuvik Place



The Canadian Cowboys Association Brash rodeo starts Tuesday 6:15 p.m. at the U of R CHKS.

Men's volleyball

Cougars vs. UBC Okanagan. Nov. 21, 7:30 a.m. U of R CHKS

Men's hockey

Cougars vs. Mount Royal. Nov. 22, 2-30 a.m. Copeland Centre, Inuvik Place

Crash Test Whiskeybush Rugby

National Championships. Featuring teams from Edmonton, Calgary, Saskatchewan and Manitoba. Paid and unpaid players will be in attendance and participating. Free admission.

Nov. 22-23, 9:30 a.m.-5 p.m. P.W. Jackson Collegiate, 400 First St.

Women's volleyball

Cougars vs. UBC Okanagan. Nov. 22, 5 p.m. U of R CHKS

Men's volleyball

Cougars vs. UBC Okanagan. Nov. 22, 9:30 a.m. U of R CHKS

Canadian Cowboys' Association Finals rodeo

Nov. 25, 7 p.m.
Brandt Centre, Inuvik Place

U of R Cougars

Trunk Thruquid event. Nov. 22, all day. U of R CHKS

FOR FAMILIES

Stews and Strikers

Wednesday, 10 p.m.
Chapman Odson Southland Rd., 3025 Gordon Rd.

Bake A Difference

Combat bullying through baking; spread kindness with a cookie. Wednesday, 5-7 p.m. Sweet Ambrosia Bakehouse, 330 Winkler St. N.

Drop-In crafts and gym

Free event for youth aged 5-18. Thursday, 4-6 p.m. Eastview Community Centre, 415 6th Ave.

Drop-In Indoor Playground

Friday, 9-11:45 a.m.
South Union Centre, 170 Sunset Dr.

Moors and Not Moral Learning

Hosted by Kate Murray, 306-216-2531. Friday, 10-11:30 a.m. Early Learning Family Centre, South Collegiate, 3380 7th Ave.

Young Explorers Club

Club-themed adventures. A look at the study skinned crocodiles we have on the planet, including a quick look back to the dinosaurs! Model: How to Train your Dragon 2. An evening of facts and fun for nine- to 12-year-olds. Includes pizza and pop for supper!! Nov. 14, 5:30-9 p.m. Royal Saskatchewan Museum, 2445 Albert St.

Build and Draw Clinic

Build a special feature model. For children ages 5 and up. Saturday, 10 a.m. Lowe's, 4555 Gordon Rd.

Michelle's Kids Club

10:00 a.m.-noon
3066 Prince of Wales Dr.

Family Favourites Film

Enjoy a favourite film for just \$2.50. Saturday, 11 a.m. Galaxy Cinema, 430 McCarly Rd. N.

Family activities

Saturday and Sunday, 2 p.m. Saskatchewan Science Centre, 2100 Powerhouse Dr.

Festival of the Five Family Day

Visit with saints, a magician, viewing the Festival's designer seasonal trees and wreaths, face painting, cookie decorating, a colouring contest, and a sausage feast. Admission is free with a non-perishable food donation to the Regina Food Bank.

Nov. 23, noon-3 p.m. Connors Arts Centre, 200 Lakeshore Dr.

Family Studio Sundays

Sunday, 2-4 p.m.
MacLachlan Art Gallery, 3470 Albert St.

Parent and Preschooler

Jungle Gym. Monday, 9:30-11 a.m. All About Family Wellness Centre, 445 14th Ave.

Science Time for Kids

Interactive workshop aimed at early learners. Tuesday, 9:30-10 a.m. Saskatchewan Science Centre, 2100 Powerhouse Dr.

Drop-In crafts and gym

Free event for youth aged 5-18. Tuesday, 4-6 p.m. Eastview Community Centre, 415 6th Ave.

Men's Morning Out

2009 Avonhurst Dr. (near 10th) auburn.net

Regina Newcomers Club

newcomersclub@gmail.com

Time Out For Parents

All About Family Wellness Centre, 2100 Lindsay St., 306-525-0600, arpeggi@ualberta.net

SHARP EATS

See a food trend you think deserves a highlight? Email co@leaderpost.com or visit us on Facebook

SASKATCHEWAN FOOD SCENE

No sugar tonight? Yes, please

By Jenn Sharp

Diabetes is on the rise in Saskatchewan, and more people than ever are pre-diabetic.

There are currently over 80,000 people with the life-altering autoimmune disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. That number is expected to increase by 2030, when about 10 per cent of the population will have Type 1 or Type 2 diabetes.

Type 1 diabetes usually develops in childhood or adolescence and occurs when the immune system mistakenly attacks and kills the beta cells of the pancreas. Very little insulin is released into the body and glucose builds up in the blood.

Type 2 diabetes happens when the body can't properly use the insulin released or doesn't make enough insulin. Type 2 can often be prevented or the need for medication can be delayed with close attention to diet and exercise.

November 14 was World Diabetes Day and November is Diabetes Awareness Month. It was with diabetes in mind that the Canadian Diabetes Association (CDA) Northern Saskatchewan branch planned the first No-Sugar Tonight dinner held Nov. 13 at the Sheraton Crowden in Saskatoon.

From the appetizer to dessert, the dinner consisted just 30 g of sugar, none of which was refined or processed. The Sheraton's executive chef, Robyn Andrews, designed a menu to fit the evening's theme. Fresh, whole foods, prepared in a low-fat manner with plenty of healthy carbs, quality protein, vegetables and even berries for dessert.

Lauren Suchan, a registered dietitian with the CDA, explained why certain foods were incorporated into the dinner. Wild rice was in the Saskatchewan southwest with the main course (wild mushroom stuffed chicken) because it's high in fibre. Fibre slows digestion and lowers the glycemic index (see the sidebar for more info).



A Lentil Salad with sautéed baby gold lentils, grapefruit segments, cucumber, cheese and raspberry vinegar and a drizzle of wild rice was the No-Sugar Tonight dinner. (CDA/THOMAS BYRON/CLIPART KING)

on that. It still contains plenty of carbs though so keep your portions in check.

"Carbs are important," said Suchan. "The brain uses them for fuel. The brain doesn't burn protein."

Choose carbs smartly — go for nutrient dense (not white or processed). A small pile of wild rice will keep you full longer than a big pile of white rice.

Dr. Terri Amato, an endocrinologist and diabetes researcher spoke at the dinner emphasizing how important diet is in preventing and treating diabetes.

Continued on page 30

The White Balsamic Glaze/dessert course at the No-Sugar Tonight dinner

SHARP EATS

She said that before the 20th century Type 2 diabetes was rare. Today 90 per cent of diabetics have Type 2. There's also a rise in children developing Type 2 diabetes at "astoundingly young ages." Up to 60 per cent of Type 2 cases can be prevented through exercise and weight management.

A new class of oral medication has recently been approved by the United States Food and Drug Administration, something Arneson sees as a big plus.

"It improves people's willingness to take the medication," said Arneson. "This drug encourages a further drop in glucose through the urine."

She says early prevention is still the clear goal and that it will take a big change in society to reduce pre-diabetes and Type 2 diabetes rates in Saskatchewan.

"There needs to be resources everywhere, not just in urban locations to make it work."

Researchers are also working on how to stop diabetes' autoimmune attack in the first place, and there's hope a bio-artificial pancreas will become available (it's in the works now).

Arneson recommends people find out their risk for developing diabetes through an online risk assessment tool at www.diabetes.ca/take-the-test. The test will help you assess your diet and lifestyle habits, and offer steps to make changes to help stave off diabetes.



Lauren Stachura, a registered dietitian with the Canadian Diabetes Association, at the No Sugar Straight dinner hosted by the CDM Northern Saskatchewan branch GC PHOTO BY MICHELLE BROS

THE GLYCEMIC INDEX (GI)

GI is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food (glucose, white bread).

Eating foods with a low GI helps control blood glucose and cholesterol levels and appetite. It also lowers your risk for getting heart disease and Type 2 diabetes.

- Eat more tubers. Potatoes and low-fat milk products — these are carbohydrate-rich foods that have a low GI.
- Try low-GI foods like barley, bulgur, couscous or lentils.
- Eat at regular times and choose a variety of foods from all food groups.
- Limit sugars, salt, alcohol and caffeine, and reduce fat.
- Eat foods high in fibre.
- To find examples of low, medium and high GI foods, search for Glycemic Index on the diabetes.ca site.

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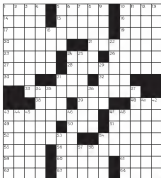
OFFICIAL PRESENTATION

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Attempt
9 Places lambshead on
sash
10 Fields flowering
14 Infant's "___ Fan"
tattoo
15 Internet plant that
purchased Flickr in
2005
16 "The Three Machine"
synthesizer
17 Center of sculpture
19 Floor stopper
20 Heartful 1964 Ford
diesel 101
21 Playback person
23 Civilization border
river
24 Recipe for many a
fall dinner
26 Core drink of a distillery
27 Cubic container
28 Mate of postcard in
"Fascist and Old
Ladies"
30 Harriet
31 It can take your breath
away
32 Big ___ (balled)
33 Double 4 down,
horizontal
34 Pioneer of "The King
and I"
35 "Lovers' theme of
the top ten '50s love
songs"



PUZZLE BY MICHAEL VOGEL

- 56 Shoulder made to a
shirt fit
60 Cornball
61 Powder and soap
62 Cornucopia with
63 Squash
"torture"
64 Where Orlando is
(for short)

DOWN

- 1 Antennae body the
first person to do this
spins three times
3 Assassins' w/g
3 Assassins' w/g
4 Two place sat.
5 Housewifery rose, say
handker
7 To ___
8 Common chivalrous
adjective
9 Kind of leucisae
10 Hand-drawn lines, at
a time
11 "Fighting" 80s Ten
room
12 Place
13 Reprieve
14 Indisputable negotiable
32/33/34/35/36/37/38/39/40/41/42/43/44/45/46/47/48/49/50/51/52/53/54/55/56/57/58/59/60/61/62/63/64/65/66/67/68/69/70/71/72/73/74/75/76/77/78/79/80/81/82/83/84/85/86/87/88/89/90/91/92/93/94/95/96/97/98/99/100/101/102/103/104/105/106/107/108/109/110/111/112/113/114/115/116/117/118/119/120/121/122/123/124/125/126/127/128/129/130/131/132/133/134/135/136/137/138/139/140/141/142/143/144/145/146/147/148/149/150/151/152/153/154/155/156/157/158/159/160/161/162/163/164/165/166/167/168/169/170/171/172/173/174/175/176/177/178/179/180/181/182/183/184/185/186/187/188/189/190/191/192/193/194/195/196/197/198/199/200/201/202/203/204/205/206/207/208/209/210/211/212/213/214/215/216/217/218/219/220/221/222/223/224/225/226/227/228/229/230/231/232/233/234/235/236/237/238/239/240/241/242/243/244/245/246/247/248/249/250/251/252/253/254/255/256/257/258/259/260/261/262/263/264/265/266/267/268/269/270/271/272/273/274/275/276/277/278/279/280/281/282/283/284/285/286/287/288/289/290/291/292/293/294/295/296/297/298/299/300/301/302/303/304/305/306/307/308/309/310/311/312/313/314/315/316/317/318/319/320/321/322/323/324/325/326/327/328/329/330/331/332/333/334/335/336/337/338/339/340/341/342/343/344/345/346/347/348/349/350/351/352/353/354/355/356/357/358/359/360/361/362/363/364/365/366/367/368/369/370/371/372/373/374/375/376/377/378/379/380/381/382/383/384/385/386/387/388/389/390/391/392/393/394/395/396/397/398/399/400/401/402/403/404/405/406/407/408/409/410/411/412/413/414/415/416/417/418/419/420/421/422/423/424/425/426/427/428/429/430/431/432/433/434/435/436/437/438/439/440/441/442/443/444/445/446/447/448/449/450/451/452/453/454/455/456/457/458/459/460/461/462/463/464/465/466/467/468/469/470/471/472/473/474/475/476/477/478/479/480/481/482/483/484/485/486/487/488/489/490/491/492/493/494/495/496/497/498/499/500/501/502/503/504/505/506/507/508/509/510/511/512/513/514/515/516/517/518/519/520/521/522/523/524/525/526/527/528/529/530/531/532/533/534/535/536/537/538/539/540/541/542/543/544/545/546/547/548/549/550/551/552/553/554/555/556/557/558/559/560/561/562/563/564/565/566/567/568/569/570/571/572/573/574/575/576/577/578/579/580/581/582/583/584/585/586/587/588/589/590/591/592/593/594/595/596/597/598/599/600/601/602/603/604/605/606/607/608/609/610/611/612/613/614/615/616/617/618/619/620/621/622/623/624/625/626/627/628/629/630/631/632/633/634/635/636/637/638/639/640/641/642/643/644/645/646/647/648/649/650/651/652/653/654/655/656/657/658/659/660/661/662/663/664/665/666/667/668/669/670/671/672/673/674/675/676/677/678/679/680/681/682/683/684/685/686/687/688/689/690/691/692/693/694/695/696/697/698/699/700/701/702/703/704/705/706/707/708/709/710/711/712/713/714/715/716/717/718/719/720/721/722/723/724/725/726/727/728/729/730/731/732/733/734/735/736/737/738/739/740/741/742/743/744/745/746/747/748/749/750/751/752/753/754/755/756/757/758/759/760/761/762/763/764/765/766/767/768/769/770/771/772/773/774/775/776/777/778/779/780/781/782/783/784/785/786/787/788/789/790/791/792/793/794/795/796/797/798/799/800/801/802/803/804/805/806/807/808/809/810/811/812/813/814/815/816/817/818/819/820/821/822/823/824/825/826/827/828/829/830/831/832/833/834/835/836/837/838/839/840/841/842/843/844/845/846/847/848/849/850/851/852/853/854/855/856/857/858/859/860/861/862/863/864/865/866/867/868/869/870/871/872/873/874/875/876/877/878/879/880/881/882/883/884/885/886/887/888/889/890/891/892/893/894/895/896/897/898/899/900/901/902/903/904/905/906/907/908/909/910/911/912/913/914/915/916/917/918/919/920/921/922/923/924/925/926/927/928/929/930/931/932/933/934/935/936/937/938/939/940/941/942/943/944/945/946/947/948/949/950/951/952/953/954/955/956/957/958/959/960/961/962/963/964/965/966/967/968/969/970/971/972/973/974/975/976/977/978/979/980/981/982/983/984/985/986/987/988/989/990/991/992/993/994/995/996/997/998/999/1000/1001/1002/1003/1004/1005/1006/1007/1008/1009/1010/1011/1012/1013/1014/1015/1016/1017/1018/1019/1020/1021/1022/1023/1024/1025/1026/1027/1028/1029/1030/1031/1032/1033/1034/1035/1036/1037/1038/1039/1040/1041/1042/1043/1044/1045/1046/1047/1048/1049/1050/1051/1052/1053/1054/1055/1056/1057/1058/1059/1060/1061/1062/1063/1064/1065/1066/1067/1068/1069/1070/1071/1072/1073/1074/1075/1076/1077/1078/1079/1080/1081/1082/1083/1084/1085/1086/1087/1088/1089/1090/1091/1092/1093/1094/1095/1096/1097/1098/1099/1100/1101/1102/1103/1104/1105/1106/1107/1108/1109/1110/1111/1112/1113/1114/1115/1116/1117/1118/1119/1120/1121/1122/1123/1124/1125/1126/1127/1128/1129/1130/1131/1132/1133/1134/1135/1136/1137/1138/1139/1140/1141/1142/1143/1144/1145/1146/1147/1148/1149/1150/1151/1152/1153/1154/1155/1156/1157/1158/1159/1160/1161/1162/1163/1164/1165/1166/1167/1168/1169/1170/1171/1172/1173/1174/1175/1176/1177/1178/1179/1180/1181/1182/1183/1184/1185/1186/1187/1188/1189/1190/1191/1192/1193/1194/1195/1196/1197/1198/1199/1200/1201/1202/1203/1204/1205/1206/1207/1208/1209/1210/1211/1212/1213/1214/1215/1216/1217/1218/1219/1220/1221/1222/1223/1224/1225/1226/1227/1228/1229/1230/1231/1232/1233/1234/1235/1236/1237/1238/1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ASK ELLIE

Don't wait for someone's other relationship to fail

Q. Seven months ago, I met a man and we hit it off instantly. But I made it clear that due to my high-maintenance career, I wanted a casual open relationship. We agreed.

We've been sexual from the start and he's respectful of physical boundaries, eager to please, communicative and has a sense of humour. We are each other regularly but only one physical session about six.

We've also been supportive emotionally and career-wise. He's often complimentary to me about relationship problems with the other woman he is seeing.

Initially I was content with that. But recently I've fallen for him! This is new for me — previously I've never wanted to get too attached during a commitment.

But he's made me feel more comfortable and accepted than anyone else did. I want him all to myself, now.

I said no and he asked what I proposed we do next. He doesn't wish to leave the other woman, but he's told me that if I forced his hand, he'd

Ask Ellie



choose me.

I hate ultimatums, but I don't want to share him. Should I wait for his other relationship to end, so it's totally my life?

Katey-kate Rosemore or Rose-Riding?

A. You're finally ready for commitment, so absorbing him will make you jealous, angry, sad and cause arguments between you two.

Play no games — no ultimatums, no waiting it out. Tell him you're ready for both of you to plan towards being together. You understand if he can't do that, you cannot date sexually any more, so you're ending the relationship.

It's not a plan for him to choose you. It's an honest choice to walk away before your dates become painful or worse, divorce.

He may not immediately choose you. It may take several months apart before you both know for sure whether or not this could be a lasting union. But it will be the best way to find out.

Q. My wife's daughter is 27, local, and optimistically, often of legitimate with her mother. She's also a single mother. Whenever we see her and the child, who's only four years old, there's fighting and tension.

But my wife will never set back because she fears she'll be cut off from her granddaughter. I feel like a host to go in their backdoor, but if I say I have to go elsewhere, my wife gets hurt and her daughter gets mad. I think things are only going to get worse.

Blondie

A. Yes, they'll get worse if you don't speak up. If doing that risks your relationship with either of them, better

now than when your relationship's over.

Tell them how they're affecting you, and affecting the child, too.

This single mother and child need loving grandparent involvement. Tell the daughter that you want to continue to be in the girl's life but can't accept constant tension. Also talk to your wife about this. There's clearly another battle that's silent between her and her daughter.

It likely has to do with disapproval and criticism on the mom's side, with defiance and defensiveness from her daughter.

That may lead to a blow up and possible split between them one day whether or not you're around.

But change is possible if your wife takes the lead and leads off the arguments. It's hard to battle when only one side's fighting.

Tell her if she wants to secure an ongoing contact with her granddaughter, this is what she needs to hear. And family counselling between these two would benefit all of you.

Q. This boy and I became official 18 months ago, but split up repeatedly, once during which he found another partner.

For the past six months, we've been having sex but aren't in a relationship. He doesn't want to because of his past always being laid. He says he doesn't want to mess things up again, so doesn't like the relationship title. He calls me his girlfriend with family and close friends but seems uncomfortable about me with certain people.

I want a relationship commitment. I know he's treating other girls. I feel like I'm being used for sex.

But if I don't have sex with him, he wouldn't know me, he'd have sex with someone else behind my back. If I end it, I know we'll make up again.

Cycle of love. **A.** This isn't about love, but your lack of self-respect and self-worth. Challenge. He cheats because he can, because you keep taking him back. Be confident that you deserve better. End it, period.

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WINE WORLD

SASKATCHEWAN WINE SCENE

Try a kir mixed drink with a Saskatchewan twist

By James Romanow

If the advent of the warm and cold gives you an urge for something moist and flavorful, allow me to point to a locally made product available at the Regina Farmers' Market.

Living Sky Winery makes a variety of outstanding wines from different fruits and they recently released a wine that is something of a staple in France — cassis, or cream liqueur. But they also produce a crisp and elegant Crème de Cassis and it is a pretty much every rural French liquor cabinet.

It is an obscure drink here although it had a moment in the sun a couple of decades back when the New World discovered a mixed drink called kir. Cassis is a pleasant drink alone, slightly sweetened. It makes a nice spirit or prosecco cake.

And the Living Sky version does very nicely as exactly this kind of drink. The taste profile is somewhere between an LBV (late bottled vintage) and a tawny port. It has a nice edge to it, a slightly sweet drink, and a nice, slightly fruity taste.

If that is insufficient for you, I suggest you need to explore a kir and a kir mix. The drink is named for a Mayor Kir of Dijon, a renowned leader of trade and relationships. It is a kir mixed wine with a splash of cassis, roughly eight parts wine to one part cassis. Kir recipe



substitutes sparkling wine for the still wine.

Therefore, may I suggest a Saskatchewan version, the Firmin, consisting of five shots of cassis white wine as to the kir and one shot Living Sky Crème de Cassis 1/2 ounce as up to you to choose which you drink — straight or with wine.

Living Sky Fortified Cassis, Saskatchewan, 2010

Sky note: Whatever red wine catches my fancy. Other wines in Monday's Leader Post and on Twitter @jbrn

Crossword/Sudoku answers

STAR	DOCKS	DILL
CDST	YANDED	ELDI
HUCKLE	FINN	OLDT
ICRIED	REALIST	
BNINC	WBA	PANEL
SUBIN	CLDERWINE	
APPE	BOA	TOE
STRAW	WLDNDE	
YUL	GEN	ABA
RASPO	CRIT	AARDN
ALIVE	COB	HELLS
PRES	COB	SAGGED
ISLE	CHUCK	DEERY
DELT	HONKY	ACOM
SAYS	OTROS	MYSE

8	2	7	5	1	4	3	9	6
4	6	3	9	2	7	1	8	5
1	9	5	3	6	8	4	7	2
3	1	4	8	5	9	2	6	7
9	7	2	6	4	3	8	5	1
6	5	8	1	7	2	9	3	4
2	4	9	7	3	5	6	1	8
7	3	6	4	8	1	5	2	9
5	8	1	2	9	6	7	4	3

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ON THE SCENE

SANTA CLAUS PARADE

It's beginning to look a lot like Christmas — especially when Santa comes to town!

The 29th annual Santa Claus Parade was held in Regina on Nov. 15. The parade started at 25th Avenue and ran south along Main Street to Charters, ending at the Southland Mall. It featured 40 uniformed brigades, in addition to the usual community organizations and media outlets showcasing this year's parade included Queen City Pride for the first time. And horses took part for the first time in years.

Viewers and kids also joined the streets to watch the festive floats and get into the holiday spirit. Afterwards, complimentary hot chocolate and freshly baked cookies were served at the Southland Mall.

Santa was also at the mall for a couple of hours in the afternoon for professional photographs.

1. Chardon Hill
2. Dawn Wilson (Dad) and Mikula Siro (Dad)
3. Andy and Erin Alston
4. DJ Quartz
5. Leslie Azari and Weston-Moses Parody
6. Mike Olymk
7. Serenady Warm and Meagan Donnuth
8. Amanda Walsh
9. Leo Hicks
10. Flag bearers march in the parade

QC PHOTOS BY MICHAEL BELL



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